

What is claimed is:

1. A stool comprising:

a) a base having a front and a back corresponding to a front and back of the stool, respectively, wherein the base is elongated from the back to the front along a longitudinal axis, and tapers from a first width at the back to a second, narrower width at the front, wherein the base has a convex bottom surface that defines an upwards extending nose at the front of the base;

b) a seat; and

c) a post connecting the base and the seat.

2. The stool of claim 1 wherein the base further includes a stabilization region, the majority of the stabilization region being located rearward of the post.

3. The stool of claim 2 wherein the entire stabilization region is located rearward of the post.

4. The stool of claim 2 wherein the stabilization region is a flattened region.

5. The stool of claim 1 wherein the base comprises a bottom surface and a top surface, wherein the top surface is concave and comprises at least one storage compartment.

6. The stool of claim 1 wherein the post is adjustable in height.

7. A stool comprising:

a) a base having a front end and a back end corresponding to a front and back of the stool, respectively, wherein the base is elongated from the back to the front along a longitudinal axis, wherein the base comprises two opposite sides with convex curvatures, the opposite sides extending between the front end and the back end of the

base, the opposite sides converging toward a nose located at the front end of the base;

b) a seat; and

c) a post connecting the base to the seat.

8. The stool of claim 7 wherein the seat has a front and back corresponding to the front and back of the stool, respectively, and first and second sides adjacent the front and back, wherein the seat is elongated from the first and second sides, wherein the seat is elongated transverse with respect to the longitudinal axis of the base, the stool further comprising handles positioned at the first and second sides of the seat.

9. The stool of claim 8 wherein the seat is contoured.

10. The stool of claim 7 wherein the nose is rounded and extends upwardly.

11. The stool of claim 10 wherein the bottom surface of the base at the nose comprises a non-slip surface.

12. The stool of claim 11 wherein the bottom surface of the base at the nose further comprises discrete protrusions.

13. The stool of claim 7 further comprising a hole at the back of the base for hanging.

14. The stool of claim 7 wherein the seat has a top, a distance between the top of the seat and the base being less than 9 inches.

15. A method of gardening, comprising the steps of:

providing a stool having a base with a nose, the base having a convex region and a flattened region, a seat having a contoured region, and a post connecting the seat to the base, the flattened region of the base and the contoured region of the seat arranged such

that a user's center of gravity when seated upright is vertically aligned with the flattened region;

placing the stool at a desired garden location and sitting upon the contoured region of the seat in an upright position, wherein the flattened region stabilizes the user in the seated upright position;

rolling the stool forward toward the nose of the base to access the desired garden location wherein the base provides for transitional movement between the flattened region of the base and the convex region of the base; and

tilting the stool towards a side while still in the forward leaning position to access other desired garden locations, wherein the convex region of the base provides for transitional movement from a user's left side to a user's right side;

16. The method of claim 15 wherein the nose includes a non-slip region for providing added static frictional support between a ground surface and the stool while a user is in a leaning position.

17. The method of claim 15 further comprising the step of accessing gardening tools carried in a compartment of the base while seated for gardening purposes.

18. A method of gardening, comprising the steps of:

providing a stool having a convex base, a contoured seat, and a post connecting the seat to the base;

kneeling upon the ground and placing the stool underneath the user to provide buttock support;

leaning forward to access the desired garden location wherein the convex base follows the user's forward pivotal movement; and

tilting the stool in a sideways direction while still in the forward leaning position to access other desired garden locations, wherein the convex base follows the user's

transverse pivotal movement.

transverse pivotal movement.